

Spiritual Practices

How to Become More Like Jesus



We are apprenticing
under Jesus.

BE

BECOME

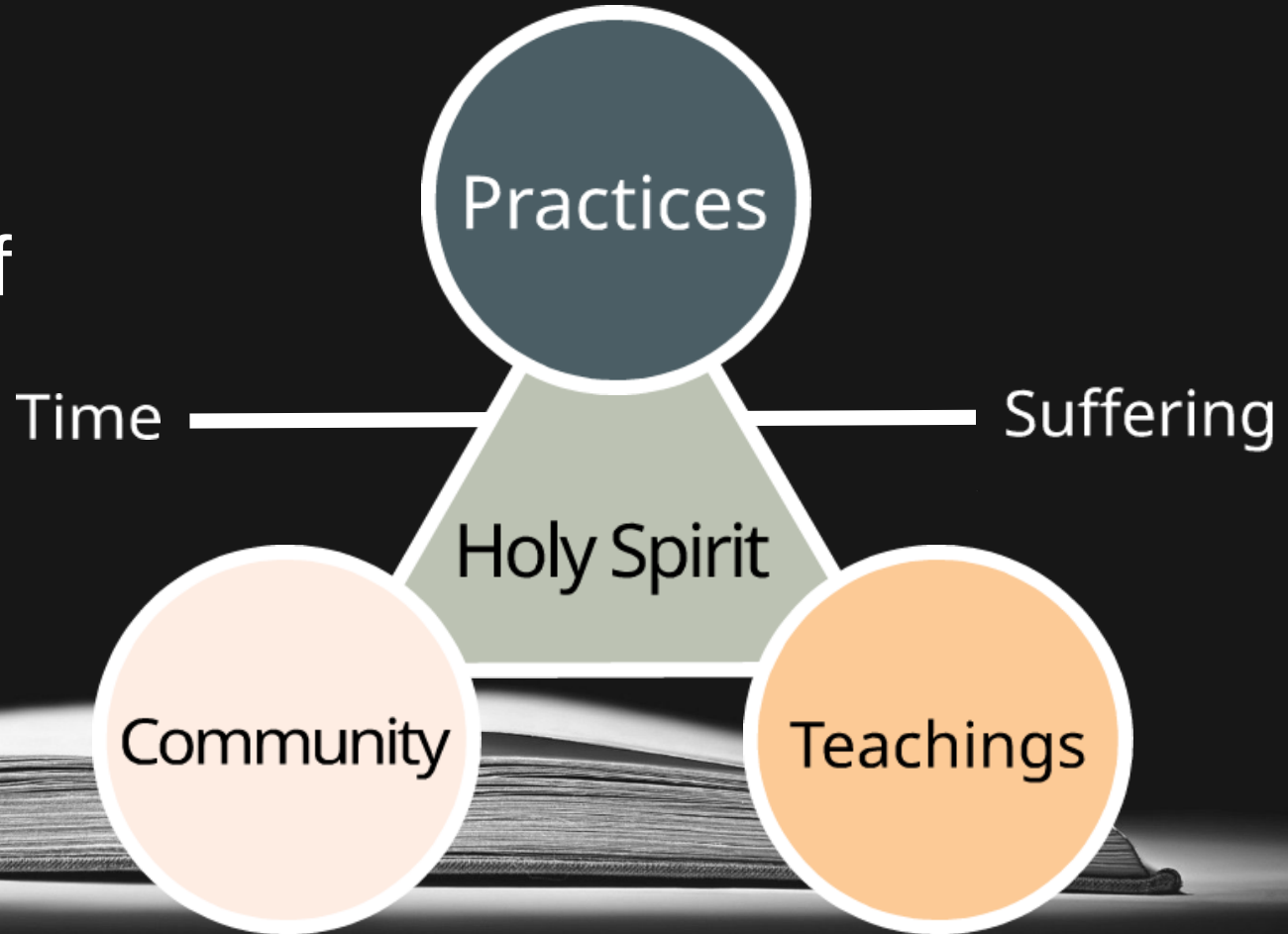
DO



What Transforms Me?

Be *transformed*
by the renewing of
your mind

Romans 12:2



Transformed to be like Jesus



Transformed to be like Jesus

Let us think often that our only business
in this life is to please God.

Perhaps all besides is but folly and vanity.

Brother Lawrence



Transformed to be like Jesus

“[Teach] them to obey everything I have
commanded you”

Matthew 28:20



A Rule Of Life

Transformed to be like Jesus

Regulare vitae – Rule Of Life:

A schedule and set of
practices and relational rhythms



Nine Practices

Sabbath

Solitude

Community

Prayer

Generosity

Service

Fasting

Scripture

Witness



A Plan For Transformation

If you want to go fast, go alone.
If you want to go far, go together.



A Plan For Transformation

Long-term interpersonal relationships are the crucible of genuine progress in the Christian life.

People who stay grow.

People who leave do not grow.

Dr J Hellerman



A Plan For Transformation

I am the vine; you are the branches.

If you remain in me and I in you,
you will bear much fruit;
apart from me you can do nothing.

John 15:5

